

THREESIXTY		ROOFTOP
7:00-8:00 REGISTRATION AND BREAKFAST		
8:00-8:30	WELCOME AND INTRODUCTION DAVID HARRIS	
8:30-9:00	KEYNOTE JAMES PINCKNEY II THE FUTURE OF HEALTHCARE & HEALTH CLUBS: THE EVOLUTION OF THE HIGH PERFORMANCE LIFESTYLE	
9:00-9:10	Transition	
9:10-9:55	GRAY COOK (L) HACKING MOVEMENT	JEFFREY BLAND (L) HOW FOOD AND NUTRIENTS SET YOUR BIOLOGICAL CLOCK
9:55-10:05	Transition	
10:05-10:50	JEFFREY ILLIFF (L) FORWARD THINKING: MAINTAINING COGNITIVE RESERVE NOW AND IN THE DECADES TO COME	DAMON BAYLES/JENNIFER MARTIN (L) CHANGE THE CONVERSATION: HOW TO TALK TO YOUR CLIENTS TO FACILITATE BEHAVIOR CHANGE
10:50-11:00	Transition	
11:00-11:45	CRAIG LIEBENSON (L) THE OTHER SIDE OF STRENGTH	BRANDON MARCELLO (L) RECOVERY AND REGENERATION: WHAT IS IT, WHY WE NEED IT, AND HOW TO IMPLEMENT IT
11:45-11:55	Transition	
11:55-12:40	DAVID PERLMUTTER (L) RE-WRITE YOUR BRAIN'S DESTINY	MICHOL DALCOURT (L) EXERCISE TRAINING VARIABILITY FOR HEALTH
12:40-1:40 NETWORKING LUNCH		
1:40-2:25	HELEN KOLLIAS (L) THE GREAT GMO DEBATE	CRAIG LIEBENSON (P) BODYWEIGHT CORE TRAINING: MAKING YOUR MOVEMENT PREP EFFICIENT
2:25-2:35	Transition	
2:35-3:20	JENNIFER MARTIN (L) NEW FINDINGS IN SLEEP SCIENCE	BRANDON MARCELLO (P) RECOVERY AND REGENERATION: WHAT IS IT, WHY WE NEED IT, AND HOW TO IMPLEMENT IT
3:20-3:30	Transition/Snack	
3:30-4:15	JAMES O'KEEFE (L) HARD BONES, SOFT ARTERIES—NOT VICE VERSA	MICHOL DALCOURT (P) DESIGNING A PHYSICAL TRAINING PROGRAM FOR HIGH PERFORMANCE LIVING
4:15-4:25	Transition/Snack	
4:25-5:05	JUSTIN MAGER (L) EXTRAORDINARY BEINGS	GRAY COOK (P) HACKING MOVEMENT
5:05-5:15	Transition	
5:15-6:00	PANEL DISCUSSION	

ON-DEMAND AVAILABILITY

All feature presentations in Threesixty and Rooftop rooms will be available on-demand through 5.31.17. Purchase your on-demand upgrade at the Reception desk during the event for the best pricing.

FRI 11/18 7:00AM - 6:00PM | \$50 AT REGISTRATION
FRI 11/18 BEGINNING AT 7:00PM | \$150 THROUGH EVENTBRITE
AFTER FRI 12/2 | NO LONGER AVAILABLE

L - Lecture P - Practical